

# SAVE THE DATE

## CHOCTAW CASINO

MARCH 15  
SPACE IS LIMITED.

WWW.WYLIETEXAS.GOV | 972-516-6349



Activity Registration  
<https://apm.activecommunities.com/wylie>



email  
[Recreation@WylieTexas.gov](mailto:Recreation@WylieTexas.gov)



City of Wylie Website  
[WylieTexas.gov](http://WylieTexas.gov)



digiREC news and blog  
[WylieRecreation.com](http://WylieRecreation.com)



Instagram  
[@WylieRecreation](https://www.instagram.com/WylieRecreation)



Facebook  
Wylie Recreation and City of Wylie, TX



Twitter  
[@WylieRecreation](https://twitter.com/WylieRecreation) and [@WylieParks](https://twitter.com/WylieParks)

# Sr Rec Center

800 THOMAS - 100 | 972-516-6349 | [Recreation@WylieTexas.gov](mailto:Recreation@WylieTexas.gov) | February 2018

## SPECIAL EVENTS

### Dinner Double Feature

Love is in the air. Spend the evening watching two classic romantic films on the big screen. Break for a delicious meal and Valentine-themed dessert between movies. Showing: "You've Got Mail" and "The Princess Bride." Register by 2/5.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Sa	2/10	4 - 8:30 PM	\$5	8185
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### Coffee Talk

You bring the ideas, we provide the snacks. Spend time with staff and peers talking about the new recreation wants and needs for activities, trips, and how you can help each other enjoy the center more. Be first to get insider information on upcoming recreation and city events.

**Senior Recreation Center**

**Ages: 55 Yrs +**

W	2/7	12:30 - 1:30 PM	No Charge	7963
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### Lovebug Social

**NEW**

The little Love Bug is here, bringing you lots of love and cheer. Create and trade valentines with friends, make themed crafts, and try your luck at the spinning wheel of love. Bring a sweet chocolate treat to share with others. Questions? Contact Wylie Senior Rec staff, [Recreation@wylietexas.gov](mailto:Recreation@wylietexas.gov) or 972-516-6349.

**Senior Recreation Center**

**Ages: 55 Yrs +**

W	2/14	1 - 3 PM	No Charge	8310
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February 2018

[SPECIAL EVENTS  
CONTINUED....]

Celebration Luncheon

Happy birthday to you, and you, and you. Give and get celebratory wishes during this long-standing Wylie tradition. Enjoy a delicious lunch followed by a delectable dessert. Eat, talk, laugh and stick around for a chance to win one of the many door prizes. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +  
F 2/16 11:30 AM - 1 PM No Charge 7969

The Reelers

Calling all movie buffs. Meet with fellow movie lovers to enjoy a mix of comedy and drama, cult classics, modern-day masterpieces, and black and white favorites at the center. Grab a bag of complimentary popcorn while you watch, and break for a slice of pizza at lunch.

Senior Recreation Center

Ages: 55 Yrs +  
Country Strong & Lucky One  
Tu 2/13 10 AM - 3 PM No Charge 7976

Taken & Jungle Book  
Tu 2/27 10 AM - 3 PM No Charge 7977

WITHDRAWALS

PLEASE WITHDRAW AT LEAST 24 HOURS BEFORE CLASS START TIME. THIS ALLOWS THE INSTRUCTOR TO ADJUST CURRICULUM AND WAITLISTED GUESTS TO BE REGISTERED.

OPEN  
PLAY

JOIN IN THE FUN.  
OPEN GAMES, GROUP EXERCISE,  
PING PONG, FITNESS ROOM, BINGO,  
WII GAMES, AND MORE.

Group Exercise

No pain, no gain. Join friends for a fun, low impact workout that will leave you feeling great. Engage your muscles and mind as you burn calories with the use of resistant bands, hand weights, and sitting and standing exercises. All movements can be easily modified for any ability. Athletic clothes and closed toed shoes required. No class 2/16.

Senior Recreation Center

Ages: 55 Yrs +  
Instructor: Joyce McGaughey  
M W F 2/5 - 2/28 8 - 9:15 AM No Charge  
M W F 2/5 - 2/28 9:15 - 10:15 AM No Charge

\*Open Play activity. A Senior Rec Center ID is required to participate. Seating on a first come, first serve basis.

SENIOR SERVICES

MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Senior Rec Center. Call or sign up with Senior Rec Center staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals! See Senior Rec Center front desk staff for registration forms and monthly menu.

Wylie Sr Rec Center

Ages: 60 Yrs +

WISD Gold Card Program

Join the Wylie Independent School District’s Gold Card program and get admitted free of charge to Wylie ISD home athletic events and reduced ticket prices for most activities sponsored by the school district! A Senior Rec Center bus will be providing transportation to select events throughout the year. See Senior Rec Center front desk staff for registration forms.

Wylie Sr Rec Center

Ages: 65 Yrs +

North Central Texas  
Area Agency on Aging

The Area Agency on Aging has a new way to help you with health care, drug, food and utility costs. Staff at the Benefits Enrollment Center can submit applications for you if you meet the requirements for one or more of the following programs.

- Medicare Savings Programs (MSPs)
- Medicare Part D Extra Help (EH)
- SNAP food assistance
- LIHEAP/CEAP utility assistance
- SSI/Medicaid
- Programs for prescription help, tax relief or respite care

You may qualify if you have limited income and you are on Medicare or have a disability. There is no cost to apply. Call at 1-800-272-3921, ext. 7364 or 7687, or email at [benefits@nctcog.org](mailto:benefits@nctcog.org).

# FAQs

## HOW DO I GET ON THE BUS PICK UP LIST?

Bus pick up to and from Wylie Senior Rec Center is available M-W-F for Wylie Residents. See front desk staff to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

## WHAT IS A STORE TRIP?

Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

## WHAT IF I HAVE TO CANCEL A TRIP?

Cancellation must be made 24 hours prior to the scheduled start time. Notify a Senior Rec Center staff person. Refer to the Activity Menu for more information on Senior Rec Center Refunds.

## Senior Rec Center ID

Senior Rec Center IDs are available at no charge for ages 55 + at Wylie Senior Rec Center. Gain access to Open Play activities. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

## HOURS & LOCATION

800 Thomas Street - 100

972-516-6349

### MONDAY - FRIDAY

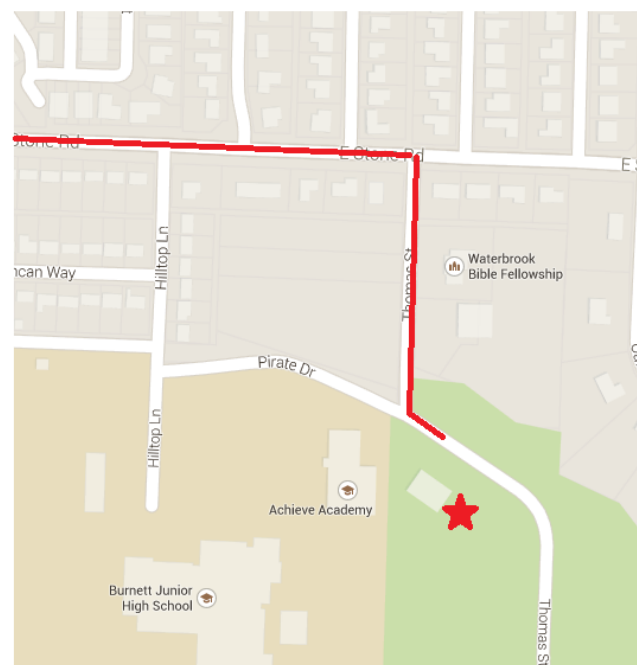
8 am - 4 pm

### SATURDAY

9 am - 3 pm

### SUNDAY

1 - 5 pm



# TRIPS LET'S GO!

## Main Event

Dust off your bowling shoes. Challenge your peers to leave no pin standing, as you try and achieve the elusive turkey. Buffet lunch included at the All-American Grill. Questions? Contact Wylie Senior Rec staff, Recreation@wylietexas.gov or 972-516-6349.

### Ages: 55 Yrs +

Th	2/22	10:15 AM - 2:15 PM	\$35	8219
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## The Star

First downs to touchdowns. Go behind the scenes at the Dallas Cowboys' new state-of-the-art practice stadium. Get an exclusive look into the NFL draft room, gawk at memorabilia from the Super Bowl and Texas Stadium, and walk the practice field. Bring money for lunch. Questions? Contact Wylie Senior Rec staff, Recreation@wylietexas.gov or 972-516-6349.

### Ages: 55 Yrs +

Th	2/8	12:15 - 4:30 PM	\$30	8217
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## Dallas Museum of Art

Art is in the eye of the beholder. Wander the halls of Dallas' largest global collection of paintings and sculptures. Tour the docent-led special exhibit "Edward Steichen: In Exaltation of Flowers," and experience all seven large mural paintings. Break for lunch at the DMA Café. Bring money for lunch. Questions? Contact Wylie Senior Rec staff, Recreation@wylietexas.gov or 972-516-6349.

### Ages: 55 Yrs +

Th	2/15	10:15 AM - 3 PM	\$15	8218
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## Chow Critics

Foodies unite. Join your fellow food lovers and expand your palate by trying all the best restaurants around town. Enjoy anything from Chinese food to fried chicken, and top it off with a sweet treat. Bring money for lunch and dessert.

## Great Wall Super Buffet

Th	2/1	11 AM - 2 PM	No Charge	8213
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## Store Trip

You do the shopping and we will do the driving. Every first and third Tuesday the bus picks you up from your home and takes the group to run typical shopping errands. Usual stops may include Walmart, Dollar Tree, and the bank. Bring money for lunch and shopping.

### Ages: 55 Yrs +

Tu	2/6	10 AM - 2 PM	No Charge	8317
Tu	2/20	10 AM - 2 PM	No Charge	8318

## Library Trip

Dust off your library card. Join your fellow book lovers as we take you to Wylie's Smith Public Library. You will have time to scan the shelves for the latest additions or check out an old favorite. A minimum of four riders required. Registration required. No trip 2/14.

### Ages: 55 Yrs +

W	2/28	12:30 - 1:30 PM	No Charge	8330
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## QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR REC STAFF,  
RECREATION@WYLIENTEXAS.GOV  
OR 972-516-6349. REGISTER PER  
PERSON, BRING AT LEAST \$12 FOR  
LUNCH.

# THE ARTS

## Wreath Making

Deck out your door. Create a beautiful wreath using a variety of textures, ribbon, and decor. Learn how to select and place stems and color for a balanced and whimsical look. Take it home or surprise a friend with a unique handmade gift. All supplies provided.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Lupe Kuharsky

Tu	2/27	12:30 - 1:30 PM	\$5	8011
Tu	2/27	2 - 3 PM	\$5	8118

## Basic Floral Design

Learn the ins and outs of floral design from a professional florist. Go through the step-by-step process of floral design. Learn the basic design elements and principles, and create a beautiful project for your home. Put together various types of floral arrangements, including corsage, and round arrangements. All supplies provided.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Kate Philippi

Tu	2/6	10 - 11 AM	\$3	8015
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## Gardening

Embrace your green thumb. Learn and share gardening tips while socializing with friends and getting some fresh air. Grow your very own fruits and vegetables alongside a skilled instructor. Gain valuable plant care tips. We provide the seeds, tools, and soil.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Kate Philippi

W	2/7	8:30 - 9:30 AM	\$3	8028
W	2/21	8:30 - 9:30 AM	\$3	8029

## Woodworking

Release your inner craftsman. Learn basic techniques of woodworking as you progress at your own pace. Transform wood into beautiful pieces for you to take home or give to friends and family. Each month features a new project for you to nail, glue, and paint to perfection. All supplies provided.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Matt Kruse

F	2/2 - 2/23	1:30 - 2:30 PM	No Charge	8021
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## AWESOME EXPERTS

**LUPE KUHARSKY** offers wreath making. Lupe is a former educator and administrator for Mesquite ISD and has been a member of the Senior Recreation Center since 2012. She was inspired to start crafting at a young age by her sister, who owned a craft store, and her neighbor who loved to create jewelry. In addition to designing wreaths, her favorite crafts include making blue jean purses and cross-stitching.

**KATE PHILIPPI** teaches Basic Floral Design and Gardening. She has been an active member of the Senior Recreation Center for two years. Kate started in the floral industry in 1973. She studied floral design and earned her Florist Transworld Delivery master design certification. She has owned four flower shops in Tulsa, Okla., and taught floral design at the Tulsa Technology Center for 12 years.

# HEALTH & FITNESS

## SENIOR REC CENTER FITNESS AREA

Stay healthy and fit in a safe, clean and accessible environment! Wylie Senior Rec Center offers your choice of tread mills (2), recumbent bikes (2), elliptical machine, stair climber, exercise balls, and various hand weights to keep your exercise routine exciting. Watch your local news or favorite shows on the fitness TV while you work out. Pick up literature featuring nutritional guidelines and healthy living tips. If an indoor workout is not for you take a stroll at Wylie's Community Park located outside the Senior Rec Center. Fitness area is available during business hours.

## Chair Yoga

Namaste. Improve your mind, balance, flexibility, and strength during this low impact, easy to follow DVD workout. With the aid of a chair, resistance training, and stretching, you will learn to relax your mind and body in order to promote active mindfulness and meditation. Athletic clothes and closed toed shoes required.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Cindy Risteen

Sa	2/3 - 2/24	10 - 10:45 AM	No Charge	7998
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## Golden Tai Chi

**NEW**

Unite your mind and body. With the help of an easy to follow DVD, combine tai chi moves and qigong exercise in this whole body workout that will leave you feeling relaxed and energized while improving your mobility, balance, strength, and flexibility. Exercises can be done sitting or standing, making this workout perfect for any ability. Athletic clothes and closed toed shoes required.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Cindy Risteen

Sa	2/3 - 2/24	11 AM - 12 P M	No Charge	8004
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[THE ARTS CONTINUED]

Crochet

Get hooked. Chain, slip stitch, and double crochet your next craft project. Learn the basic steps of crochet while experimenting with a variety of color schemes and textures. Take home a great handmade project and the skills to make many more. All supplies provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Michelle Stone

Beginner

M	2/5	12:30 - 1:30 PM	No Charge	8131
M	2/19	12:30 - 1:30 PM	No Charge	8132

Intermediate

Take your needle work to the next level. Learn advanced stitches and patterns, and receive input on group projects. All supplies provided.

M	2/5	2 - 3 PM	No Charge	8147
M	2/19	2 - 3 PM	No Charge	8148

Craft Corner

Get crafty. Create one-of-a-kind treasures to keep or share with your friends and family. Quick and easy projects include something for everyone. Learn a new skill, or show off an old one in a friendly environment with fellow crafters. All supplies provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Jennifer Hollien

Tile Coasters

W	2/21	12:30 - 1:30 PM	No Charge	8173
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Creative Confections

Treat yourself to the sweetest projects. Discover a world of confectionary delight. Join in for a yummy and simple spin on cakes, candies, and cookies. Use items found in most home kitchens to transform ordinary sweets and treats into edible treasures. Baking supplies and ingredients provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Angela Daniel

Petit Fours

M	2/26	12:30 - 1:30 PM	No Charge	8180
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AWESOME EXPERTS

JENNIFER HOLLIEN offers craft instruction. Jennifer has always enjoyed crafting with her children's vacation bible school and family birthday parties. She has helped the Senior Recreation Center with holiday craft projects and decorating for parties and lunches for many years. Jennifer enjoys helping others expand their creative expression through Craft Corner projects.

ANGELA DANIEL teaches Creative Confections. She has been working for the Recreation Department since 2010 and at the Senior Recreation Center since 2016. Angela loves sharing her creativity and recipes with those around her. She has many great memories of cooking and baking with her grandmother, mother, and children. Her favorite quote is, "The fondest memories happen while gathered around the table."

JOYCE MCGAUGHEY teaches group exercise at the Senior Recreation Center. She is a senior herself and has been volunteering her time since 2011 to make this program the success it is. Her class has grown exponentially since its early days due to her motivation and determination to help her peers be fit and live a healthy life.

CINDY RISTEEN teaches Chair Yoga. She has been part of the Senior Rec team since 2013 and firmly believes that maintaining a strong core is important to senior health. Cindy strives to lead participants toward improved physical and mental health. She enjoys working with seniors and hopes to brighten the day of everyone with whom she interacts.

Texas Hold ‘Em

Time to practice your poker face. Expand your skills or learn new techniques. Try your luck with the house dealer and learn when to bet, raise, call or fold in this popular card game. Play friendly wagers, antes, and double downs for bragging rights. All levels welcome.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Matthew Kruse

M	2/5 - 2/26	10 AM - 12 PM	No Charge	8038
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Genealogy

Curious about your family history? Find out if your ancestors fought in the Revolutionary War, traveled overseas to get here, and how they provided for family. Improve your research skills at your own pace. Explore preservation techniques, ethnic studies, and more.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Robert Stokes

W	2/28	1 - 2 PM	No Charge	8044
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Third Monday Book Bunch

Social networking and a good book. No batteries required. Immerse yourself in a good story with friends. Discuss thrilling tales, mysterious manuscripts, and awe-inspiring adventures. Paperback books selected a month in advance by the group based on group discussion and interest.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Donna Shirley

The Book of Polly by Kathy Hepinstall

M	2/19	12:15 - 1:15 PM	No Charge	8050
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AWESOME EXPERTS

MATT KRUSE offers woodworking instruction. Since joining the Senior Recreation Center staff in 2013, he has become the go-to handyman. Matt is an experienced woodcrafter who can build anything from cabinetry to decorative figurines. Matt perfected his woodworking skills while growing up on the family farm. He loves to teach others the trade.

ROBERT STOKES teaches Genealogy. Robert has been researching his family history for 20 years. He started as an English teacher and eventually became an assistant principal for Dallas ISD. He has been interviewed by Time Magazine and Readers Digest for his study of family history. Robert also teaches his Genealogy courses at The Mansions of Wylie.

DONNA SHIRLEY with the Smith Public Library heads up the Third Monday Book Bunch. She has been with the library since 2003. Donna earned her Bachelor of Arts in Liberal Studies at Oklahoma Christian University and received a Master of Library Science from Oklahoma University. While she enjoys reading nonfiction and many other genres, she is especially fond of British mysteries and horror.

MICHELLE STONE teaches Crochet. Michelle has been working at the Senior Recreation Center since 2015. She has been crocheting since she was a teenager and continues to learn new stitches to bring to her students. Michelle enjoys sharing what she has learned with others and loves seeing the joy on students' faces when they understand a concept or master a new skill.

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 11 AM Chow Critics	2 8 AM Group Exercise 9:15 AM Group Exercise 12:30 PM Bingo 1:30 PM Woodworking	3 10 AM Chair Yoga 11 AM Golden Tai Chi
4	5 8 AM Group Exercise 9:15 AM Group Exercise 10 AM Texas Hold 'Em 10:30 AM FBC Happy Circle 12:30 PM Beginner Crochet 2 PM Intermediate Crochet	6 10 AM Store Trip 10 AM Basic Floral Design	7 8 AM Group Exercise 8:30 AM Gardening 9:15 AM Group Exercise 12:30 PM Coffee Talk	8 12:15 PM The Star	9 8 AM Group Exercise 9:15 AM Group Exercise 12:30 PM Bingo 1:30 PM Woodworking	10 10 AM Chair Yoga 11 AM Golden Tai Chi 4 PM Dinner Double Feature
11	12 8 AM Group Exercise 9:15 AM Group Exercise 10 AM Texas Hold 'Em 12:30 PM Mobility Management Presentation	13 10 AM Reelers	14 8 AM Group Exercise 9:15 AM Group Exercise 1 PM Lovebug Social	15 10:15 AM Dallas Museum of Art	16 11:30 AM Celebration Luncheon 12:30 PM Bingo 1:30 PM Woodworking	17 10 AM Chair Yoga 11 AM Golden Tai Chi
18	19 8 AM Group Exercise 9:15 AM Group Exercise 10 AM Texas Hold 'Em 12:15 PM Third Monday Book Bunch 12:30 PM Beginner Crochet 2 PM Intermediate Crochet	20 10 AM Store Trip	21 8 AM Group Exercise 8:30 AM Gardening 9:15 AM Group Exercise 12:30 PM Craft Corner	22 10:15 AM Main Event	23 8 AM Group Exercise 9:15 AM Group Exercise 12:30 PM Bingo 1:30 PM Woodworking	24 10 AM Chair Yoga 11 AM Golden Tai Chi
25	26 8 AM Group Exercise 9:315 AM Group Exercise 10 AM Texas Hold 'Em 12:30 PM Creative Confections	27 10 AM Reelers 12:30 PM Wreath Making 2 PM Wreath Making	28 8 AM Group Exercise 9:15 AM Group Exercise 12:30 PM Library Trip 1 PM Genealogy			

Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fees are non-refundable if registration is withdrawn. A City of Wylie registration form must be on file prior to participation.